

SahuarO Weekly Update

"Where neighbors help neighbors build community."



Councilmember Steve Frate, Glendale Arizona

September 19, 2008



Family Fitness Fair. Anyone who passes by the Glendale Main Library, 5959 W. Brown St., between 10 a.m.-1 p.m. on Saturday, Sept. 20 will see children and adults busy doing all sorts of physical activities on the front lawn. It is the library's free Family Fitness Fair.

The fair is designed to provide families with ideas for free or inexpensive ways to keep in shape.

Stations will be set up around the grounds. At each station, participants will find resource lists and instructions that will make it easy for families to do these activities at home.

The stations include:

- FitDeck.
- Frisbee Horseshoes
- Jump Rope Contest
- Parachute
- Speed Stacking
- Through-the-Hoops
- Yoga
- Octopus Relay
- Twister Scram
- Bubble Mania!



Tight rope walking and yoga activities at the 2007 Family Fitness Fair.

All persons attending the Family Fitness Fair receive a free Fit for Life water bottle and water will also be provided. The event is part of the Be Fit: New Skills for a New Future series that is sponsored by a Fit for Life grant from MetLife and Libraries for the Future. No reservations are required to attend. For more details about the activities, [click here](#) or call (623) 930-3537.

GAIN Night Oct. 11. The Glendale Police Department is extending a special invitation for each neighborhood watch, neighborhood association, homeowners association, apartment and mobile home community to "put the Neighbor back in the Neighborhood" on the evening of Saturday, October 11. This year's "Getting Arizona Involved in Neighborhoods" (GAIN) coordinator is Chuck Eberspacher and he can be reached at (623) 930-2498 or via email at ceberspacher@glendaleaz.com.

Tips and information to help neighborhoods host a successful event can be found on Glendale's Web site. [Click here](#) for information including online registration, small GAIN grant information and a list of block party guidelines.

Glendale HOA Training Academy. This eight session educational program is open to all Glendale Homeowners Association (HOA) board members and residents who want to learn how to more effectively manage, lead or participate in their HOA. Each class highlights a different topic. HOA classes will be on Thursday evenings from 6 to 8:30 p.m. and Saturday mornings from 9 to 11:30 a.m. The course runs Oct. 7 through Nov. 1.

For more information, including a registration form and list of featured topics for each class, [click here](#) and scroll down to **HOA Training Academy**.



Materials collected during the spring Household Hazardous Waste Collection event.



GPB Safety Events THIS SATURDAY!

Shred it & Forget it! The Glendale Police Department is teaming up with the Target Corporation to provide residents with an opportunity to combat identity theft, the fastest growing crime in the United States. Bring everything from old bills, medical records, bank statements, and other documents containing personal identifying information. Join us for a free morning of Crime Prevention and Community Awareness from 9 a.m. – noon on Saturday, September 20, 2008 in the Target Parking Lot, Southwest corner of 43rd & Peoria. Bring up to three boxes of personal paperwork to have shredded on site. For more information, call (623) 930-2571.

Bicycle Safety Rodeo. Parents, bring your child out to the Bike Rodeo to learn the ABC's of Bicycle Safety from the Glendale Police Department. Bring bikes, helmets and any other safety gear they may have on Saturday, September 20, 2008 from 9-11 a.m. in the Target Parking Lot, Southwest corner of 43rd & Peoria. The officers will be teaching proper helmet fitting, rules of the road, and riding with caution. You could even win a new helmet or bike lock!

Household Hazardous Waste Collection. Did you know that common household hazardous waste can be dangerous when mixed with other garbage material? Simple items that mix together can cause fires or deadly poisonous vapors. Residents can get rid of their household hazardous waste all at once curbside through the Glendale's Household Hazardous Waste pick-up event.

The Glendale Sanitation Division is once again offering residents the opportunity to safely dispose of unwanted household hazardous waste with its home collection service Monday, Oct. 20 to Friday, Nov. 7.

Residents can sign-up for the service, beginning Monday, Sept. 29 through October 24 by contacting the Sanitation Division. Registration will be on a first-come, first-serve basis and the first 750 households will be eligible for the service.

Hazardous materials that will be accepted include paints and stains, antifreeze and other automotive fluids, pesticides, motor oil and filters, batteries, pool chemicals and household cleaners. Items that are unacceptable are explosives, radioactive materials, tires, drums, ammunition and medical or business wastes.

To arrange a pickup of hazardous waste materials, residents can call the Sanitation Division at (623) 930-2660. [Click here](#) for more information.

Around Town

Jammin' at the Library. The Acoustic Jam Session meets at 7 p.m. on Wednesday, Sept. 24 in the large meeting room at Glendale Main Library, 5959 W. Brown St.

All levels of musicians are welcome in a round-robin circle. Play along with others, or just sit and enjoy the camaraderie of other musicians. Everyone is welcome to this free program. Call (623) 930-3573 for more information.

B.A.G. I.T. (Bus and Gus Individual Training). A new class is being offered to Glendale residents and employees who are interested in learning about how to travel on the bus. No need to register, just show up and learn how to ride Valley Metro Public Transportation or Gus the Bus. Some of the lessons include how to read a bus book, plan a trip, find the closest bus stop, signal your stop and more. Classes will be held on Sept. 25, Oct. 23, Nov. 20 and Dec. 18 at 10 a.m. and 6 p.m., at the Glendale Adult Center, 5970 W. Brown St., in room 102. For more information, [click here](#) or call (623) 930-2035.

LaLaGlendooza ...Old MacDonald had a Farm! Round up those farmers, ages 2-5, and join us at Sahuaro Ranch Park Historic Area, 59th Ave. and Mountain View Rd., from 10 a.m. to noon on Friday, September 26 for a morning of fun experiences! They'll enjoy FREE ACTIVITIES such as crafts, a Tractor Play Area and Barnyard Carnival. Children should come dressed in their best farmer attire. An adult or guardian must accompany all children. For more information, call (623) 930-2038.

VIN Etching. Bring your vehicle to the Glendale Adult Center, 5970 W. Brown Street, on Saturday, September 27 or October 25 from 8:30 to 11:30 a.m. for free VIN Etching. VIN Etching is the process of permanently etching the vehicle's 17-digit Vehicle Identification Number on each window on the vehicle and serves as a visual deterrent against auto theft. As owner of the vehicle, you must show proof of ownership, current registration and complete a consent form. Call the Glendale Police Department at (623) 930-3328 for more information. [Read more.](#)

[Click here](#) for the City Council Meeting schedule.

Contact Councilmember Frate

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